



## **Working With Elemental Air**

**The ancient scientists classified and coded elemental Air under those symbols that are related to air. Some such symbols are wind, breath, nafs/nephesh (soul) and ruh/ruach (spirit).**

**One of the best ways to learn about something is by working with the thing. Experiential knowledge beats book learning any day.**

**The following exercises are based upon exercises in Donald Michael Kraig's Modern Magic. Having worked with those exercises I can endorse them fully and encourage my readers to purchase, study and practice that book.**

### **STEP ONE Noticing Air Around You**

**Take notice of all the objects in your environment that could be classified as airy.**

**As I write this I am sitting in a classroom. I see books, tablets, paper, pens, typewriters, computers and electric fans. Each could be classified as Airy.**

**Gemini rules all sorts of writing and speech. Gemini is a common Air sign. Astrology provides 3 energy modes: Cardinal, Fixed and Common (mutable).**

**Because the spoken word travels on air, speech was classified as Geminian. Written words were viewed as speech placed on papyrus (or clay or stone). Thus books, newspapers etc., were also classified as Airy or Geminian.**

**Within the human brain reside two speech centers called the Broca and Wernicke. The ancient spiritual scientists were well aware of these two speech centers. They called them the Twins.**

**The ancient Egyptians called the Twins Anpu (Anubis) and Apuat. The Quran refers to them in Surah 2:102 as the two angels Harrut and Marut.**

**The function of the Twins is to separate wholes into parts. That function is essential, otherwise no distinctions would be possible. But the very act of separation is deceptive because it can mask the essential oneness of all things.**

**Nothing is ever truly separate from anything else. We are all one. One life, one Being,**

**manifests Itself through everything. But the separative function of the Twins can give the illusion (maya) of an infinite number of separate things and cover and hide the One. Thus the ancients named the extreme of that separative function Set (Satan) the devil.**

**Unchecked separative functioning gives rise to gender discrimination, racism, age discrimination, religious bigotry and war.**

**The Quran calls one who is caught up in the extremes of separation consciousness a kaafir (literally one who covers) because the essential oneness of life is hidden or covered by extreme separation consciousness.**

**A pen is considered Airy because it writes. But also because pens were originally made of bird feathers and birds could fly in the air.**

**Aquarius is a Fixed Sign. Computers (and all electronic communications) are classified as Aquarian.**

**Mundane astrologers know that the United States has an Aquarian Moon and a Gemini Rising Sign. These manifest in America's public face of a free press (Gemini Rising) and her emphasis on computers to support the information age (Aquarian Moon).**

**Libra is also an Air Sign. Libra is considered Cardinal Air. Cardinal Signs create movement. Old astrologers called them Moveable and Moving Signs.**

**Art is Libran because art stimulates movement and activity in people's minds. That mental stimulation eventually causes activity in the environment.**

**Libra's ruler is Venus and Venus has the opposite function of the Twins. Venus integrates parts into wholes. As Mercury (Gemini) rules the left hemisphere of the brain, Venus (Libra) rules the right. Together, they are complementary as, in the wonderful scientific imagery of Egypt, Set (Mercury) was married to Nephthys (Venus).**

**As you read these words your brain is automatically engaged in both functions. Words, letters, syllables and sentences are being separated from one another, otherwise you could make no sense of this piece.**

**Simultaneously, however, separate letters and words are being integrated into meaningful units, again, so that you can make sense of the words.**

**The proper co-ordination of these functions is the stuff of Yoga (unification).**

**Behind both functions is a hidden, occulted intelligence that is unseen but whose presence is evident in its activity. This hidden intelligence is the god Ausar (Osiris) whose primary activity is the co-ordination of the infinite life support systems in the body. But, as Ra Un Nefer Amen points out, that is but a minute fraction of what Ausar is capable of doing. In that state, Ausar is buried in a tree, i.e., limited to co-ordinating the body's vegetative functions.**

**The goal of spiritual work is the resurrection of Ausar, i.e., bringing the divine inner intelligence to the forefront of our lives so it can manage our higher functions such as marriage, finances, work relationships, child raising et al.**

**Astrology's three modes (Cardinal, Fixed and Mutable) correspond with the three fundamental aspects of God: Brahma, Vishnu and Shiva.**

**Brahma (Creator) is Cardinal, or "I Am." Vishnu (Preserver) is Fixed. Shiva (Destroyer) is mutable. Those are three universal processes that are always occurring. Creation is ongoing. The creation is always preserving itself (Vishnu) while yet ever changing, i.e., being destroyed (Shiva).**

**The three forms of Arabic letters relate to the three energy modes. Arabic letters have a beginning, middle and end form depending upon their placement in a word.**

**The beginning form corresponds to the Cardinal mode. The middle form corresponds to the Fixed mode and the end form corresponds to the mutable mode. There is also a form for the letter standing alone. The four letter forms relate to the four phases of the Moon.**

## **STEP TWO**

### **Elemental Pore Breathing**

**Remove as much of your clothing as you can without getting arrested. If possible, do this exercise totally nude. If that isn't possible, wear a small bikini or swim trunks.**

**If it is warm enough, you should do this exercise outside.**

**Recline on an outdoor reclining chair, such as the kind that has nylon webbing. If you don't have such a chair, use what you have. Your effort is to have as much air on your skin as possible and to be elevated above the ground.**

**Do a relaxation ritual. The Taoist Six Healing Sounds are excellent for this purpose.**

**While lying in a relaxed state pay attention to your breathing. Feel the air entering your nostrils and flowing into your lungs. Imagine the exchange of carbon dioxide and oxygen in your lungs. Do this for a few minutes.**

**Now imagine that your whole body is a breathing apparatus. As you inhale, imagine that you're breathing pure elemental air in through your pores. As you exhale, imagine you are doing so through your pores.**

**Feel elemental air going in and out of you and that it is cleaning and purifying your body.**

**This exercise should be done daily for at least a week.**

### **STEP THREE**

#### **Be Air**

**Do some elemental pore breathing. Then spend about three minutes imagining your are Air. Feel the lightness, giddiness and how physical things don't matter. Feel the moist warmth of the Air.**

**Kraig warns that this exercise should only be done for a week and not done again for at least a month after the week of exercise is complete. It should not be done more than one week out of the month.**

**Kraig also advises that the exercise be terminated immediately should you notice yourself having trouble finishing your normal work. He writes that you'll get back to normal in a day or two. Also, imbibing Earth element energy should help alleviate such a problem.**

### **STAGE FOUR**

#### **Controlling Air**

**Imagine that you are Airy as in Stage Three. Bring your hands 9 to 12 inches apart with palms facing each other. Imagine that you have a bottle or box between your hands. Exhale and visualize all the Air element in you going out with your breath and being trapped inside the bottle or box. Three-to-five breaths should suffice in filling the container. Then inhale it all back into yourself in three breaths and return to normal consciousness.**

### **TESTING YOUR MASTERY OF AIR**

**In the Bible, Paul says to "prove all things."**

**1. The next time you feel lazy, slow, heavy or bloated, form the container with element Air. Once the container is full, suck the Air element back into you in one big inhalation.**

**Within five minutes you feel lighter, refreshed, relaxed and eager to do those things you desire to do.**

**2. The next time you feel silly, giddy, unstable or light-headed, form the container of Air. Then imagine a large black hole in the physical air before you. When the container is filled to overflowing, throw the container into the black hole. Then imagine the hole closing up.**

**You should feel more grounded within a few minutes. It may be necessary to repeat this two or three times to feel fully normal.**

**Each stage of Air element work is to be done for a week.**

**Similar exercises can be done to master the other three elements, Water, Earth and Fire.**